

Your Guide to Des Moines Parks, Recreation & Senior Services

Winter Into Spring 2012

REC 'n ROLL



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21630 11th Ave. S., Suite A
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Welcome!

REC 'n ROLL

Community Betterment Through People, Programs and Parks!

Did you ever wonder how the Des Moines Parks, Recreation and Senior Services Department is able to provide so many great program offerings such as sports, recreation classes, senior services, human services, cultural programs, community gardens and community events?

Well, it is with the help of our volunteer base, hundreds strong, of youth and adult sports coaches, senior program volunteers, youth council members and Highline Community College students! And, community members also get their hands dirty to manage the Sonju Community Garden and assist with the maintenance of critical areas such as Des Moines Creek!

What's your passion? There are endless community volunteer opportunities and we can help match you or your group with a project or program that meets your interests.

The Parks and Recreation Department works closely with the Des Moines Legacy Foundation, Des Moines Rotary Club and Destination Des Moines as well as the City Council appointed Arts Commission, Human Services Advisory Committee, Senior Services Advisory Committee, Lodging Tax Committee and Historic Preservation Commission.

If you want to get more involved in your community, please fill out the application (available at http://www.desmoineswa.gov/dept/city_clerk/citizen_adv.html) for one of the following volunteer positions available in 2012: Des Moines Arts Commission (three year terms), Human Services Advisory Committee (two year terms), Senior Services Advisory Committee (two year terms) and, Lodging Tax Advisory Committee (reviewed annually). To volunteer for senior services programs, as a coach or to assist with gardens or community special events, please call our offices at 206-870-6527 for Recreation and Parks or 206-878-1642 for Senior Services.

We believe that **with you** we can shape the best possible community in which to live, work and play.

Sincerely,

Patrice Thorell
Director

Look What We Have For You!

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See reverse for City Currents Information



**2012 Sonju Community Orchard and Garden
Season Opens in April**

Take to the water Spring Break And enjoy an exhilarating week!

Learning to sail in our on-the-water course. Course covers water safety, sailing basics, wind awareness, rigging and rules of the waterways using 14 foot dinghies. An escort boat will accompany the boats while sailing just outside the Des Moines Marina entrance. Sneakers and a Coast Guard approved life jacket required.

Teens \$135R \$140NR

M-F April 9-13

1-4pm

Des Moines Marina



Summer Sailing Camp details will be available by May 2012!

Look for screaming
summer deals for Camp
KHAOS 2012!

Navigating the School Year

B-4 SCHOOL

Enjoy peace of mind as your child eases into a morning balanced with individual play, group activities, homework and a nutritious snack.

Grades K-6

M-F 6:30am-school start Monthly, throughout the school year calendar

Sites	Dates	Fee: Res	Non Res
Highline	January	\$235	\$255
Federal Way	January	\$190	\$210
Highline	February	\$250	\$270
Federal Way	February	\$190	\$210
Highline	March	\$290	\$310
Federal Way	March	\$190	\$210
Highline	April	\$205	\$225
Federal Way	April	\$160	\$180
Highline	May	\$275	\$295
Federal Way	May	\$200	\$220
Highline	June	\$130	\$150
Federal Way	June	\$105	\$125

Drop-in Fee: \$15R \$17NR Highline Sites
\$10R \$12NR Federal Way Site

BREAK TIME CAMPS

No school again? Wait... Break Time provides a safe environment where your child will be busy with craft projects, games, sports, outdoor activities and much more. You send a lunch, we provide snacks!

Grades K-6

6:30am-6:00pm Field House

Day	Date	District	Fee: Res	Non Res
M	Jan 16	MLK Holiday Highline & FW	\$35	\$37
F	Jan 27	No School Federal Way	\$35	\$37
M-Tu	Feb 20-21	Mid-Winter Highline & FW	\$60	\$65
F	Mar 9	No School Highline	\$35	\$37
F	Mar 16	No School Federal Way	\$35	\$37
M-F	April 2-6	Spring Break Federal Way	\$150	\$160
M-F	April 9-13	Spring Break Highline	\$150	\$160
F	May 4	No School Federal Way	\$35	\$37
F	May 18	No School Highline	\$35	\$37
T	May 29	Memorial Holiday Highline & FW	\$35	\$37

*Dates are subject to changes in school district calendars.

Recreation: 206-870-6527

Senior Services: 206-878-1642

AFTERMATH

Relax knowing your child, fueled by a nutritious snack, will be burning off excess energy while absorbed in lively games, seasonal arts & crafts and creative play. Time is set aside for homework.

Grades K-6

M-F School dismissal – 6:00pm

Sites	Dates	Fee: Res	Non Res
Highline	January	\$250	\$275
Federal Way	January	\$305	\$325
Highline	February	\$270	\$290
Federal Way	February	\$305	\$325
Highline	March	\$310	\$330
Federal Way	March	\$305	\$325
Highline	April	\$225	\$245
Federal Way	April	\$255	\$275
Highline	May	\$295	\$315
Federal Way	May	\$320	\$340
Highline	June	\$140	\$160
Federal Way	June	\$170	\$190

Drop-in Fee: M-Th \$15R \$17NR, F \$20R \$22NR Highline Sites
\$18R \$20NR Federal Way Site

FORTH & AFT

Balance your child's day Before (B-4) and AFTer school and give yourself a worry-free day. Registering for both Forth & Aft offers you a significant fee reduction.

Sites	Dates	Fee: Res	Non Res
Highline	January	\$325	\$345
Federal Way	January	\$380	\$400
Highline	February	\$340	\$360
Federal Way	February	\$380	\$400
Highline	March	\$400	\$420
Federal Way	March	\$380	\$400
Highline	April	\$285	\$305
Federal Way	April	\$320	\$340
Highline	May	\$380	\$400
Federal Way	May	\$400	\$420
Highline	June	\$180	\$200
Federal Way	June	\$210	\$230

Pre-registration is required – note: prices are subject to change.

Highline School District Sites: Des Moines, North Hill, Marvista, Midway and Parkside Elementary Schools

Federal Way School District Site: Woodmont Elementary School

Note: Program dates and times follow each school district's calendar.

Financial Scholarships Available: For detailed information please call 206-870-6527

Winter/Spring 2012 3-RR

Sports



Land of Frost
Great Tasting Lunchmeat

Tee-Ball / Coach-Pitch Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing, and catching properly. Playing field and rules are modified to fit participant age and skill levels.

Age 3-5 Tee-ball

Age 6-8 Coach-pitch

\$60R \$65NR January 3-31

\$65R \$70NR February 1-March 31

\$75R \$80NR April 1-May 31

Des Moines Area Fields

Spring Youth Recreation Soccer League

Registration starts on January 3 and closes March 31.

U-5 co-ed 3-5, U-7 co-ed 6-7, U-9 boys 8-9, U-9 girls 8-9

*Birth certificates required.

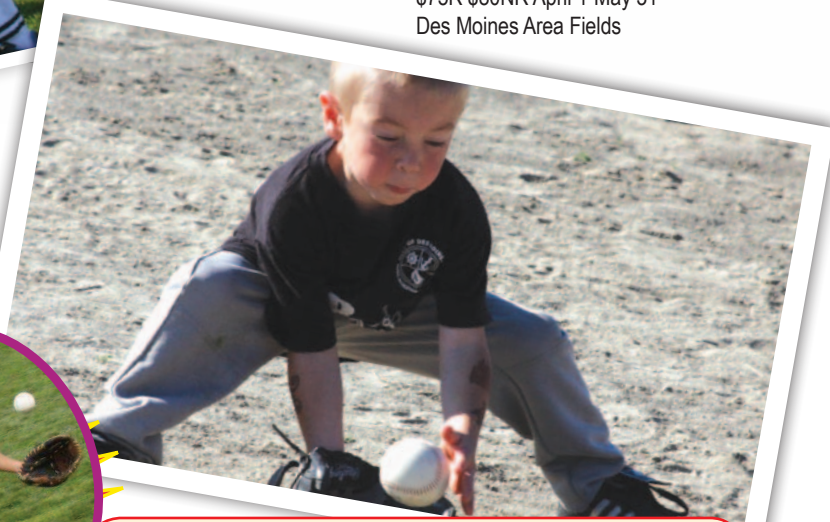
March 12-May 31

\$60R \$65NR January 3-31

\$65R \$70NR February 1-29

\$75R \$80NR March 1-17

Des Moines Fields



Coming Summer 2012
Youth Sailing Classes
UK Soccer Camp at
Des Moines Field House
Diamond Skills Baseball
Camp

Coaches Take Note:

The Spring Youth Recreation Soccer League's Coaches Meeting

Tuesday, March 6

6:00pm

Field House

Tee-Ball/Coach Pitch Coach Meeting

Thursday, May 24

6:00pm

Field House

For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.

Adult Men & Coed Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 14-games and a double elimination post season tournament. Registration deadline: April 13, 2012. Coach's Meeting April 17, 2012.

Adults \$930R \$985NR (price includes sales tax)

SJUMP

Monday Nights Co-ed Recreation Division

League play starts April 23

Tuesday Nights Men's Recreation Division

League play starts April 24

Adult Dodgeball League

This is a great opportunity for folks to play a sport that they never forgot about, they just haven't had the chance at breaking out their inner youth. Each team plays 8-games and a single elimination post season tournament. Registration deadline: February 17, 2012.

Adults \$175R \$185NR (price includes sales tax)

Sunday Nights

March & April

Des Moines Field House

Batter-up!

Coed Softball league for adults age 55 begins in March. Contact Des Moines Activity Center for details on the league!



Toddler/Preschool Activities

Robyn's Nest Preschool

Take a break while children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry, outdoor fun. Facilitators: Staff, trained, CPR/First Aid certified.

Ages 3-5

T/W/Th	January 4-26	10am-12pm	Field House
T/W/Th	January 31-February 23	10am-12pm	Field House
T/W/Th	February 28-March 22	10am-12pm	Field House
T/W/Th	March 27-April 26	10am-12pm	Field House
T/W/Th	May 1-24	10am-12pm	Field House
T/W/Th	May 30-June 7*	10am-12pm	Field House

* \$40R \$44NR

No class 2/21, 4/10-12, 5/29

Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work and meet other kids in the community.

Age 3-5

M-F	May 14-18	6-7pm	Field House
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\$89R \$93NR

Gymnastics – parents & toddlers

Each child learns balance and muscle coordination skills at their own pace. Instruction: Jungle Gym

Age 18 months-3 years

Tu	January 10-31	5-5:30pm	Field House
Tu	February 7-March 6	5-5:30pm	Field House
Tu	March 13-April 3	5-5:30pm	Field House
Tu	April 17-May 8	5-5:30pm	Field House
No class 2/21			

\$45R \$48NR

Preschool Gymnastics – new & returning

This high-energy and fun-filled class teaches the basics and focuses on listening skills and socialization while developing coordination, agility, balance, and muscle strength at an individual pace. Instruction: Jungle Gym

Ages 3-5

Tu	January 10-31	5:35-6:05pm	Field House
Tu	February 7-March 6	5:35-6:05pm	Field House
Tu	March 13-April 3	5:35-6:05pm	Field House
Tu	April 17-May 8	5:35-6:05pm	Field House
No class 2/21			

\$45R \$48NR

Preschool Dance Class

Ballet & Tap classes are taught in an easy-paced learning environment punctuated with frolicking and general silliness! Instruction: Melanie's Dance Unlimited Instructors

Age 3

W	January 11-February 8	10-10:30am	Field House
W	February 15-March 14	10-10:30am	Field House
W	March 21-April 25	10-10:30am	Field House

\$38R \$42NR

Age 3-5

M	January 9-February 13	5:30-6pm	Field House
M	February 27-March 26	5:30-6pm	Field House
M	April 3-May 7	5:30-6pm	Field House

\$38R \$42NR

Age 4-5

W	January 11-February 8	10:30-11am	Field House
W	February 15-March 14	10:30-11am	Field House
W	March 21-April 25	10:30-11am	Field House

\$38R \$42NR

No class 1/16 & 4/9

Ballet 1

Children with previous dance experience will continue to add to their repertoire of dance steps. We will begin demonstrating the core techniques dancers need for a strong body in a developmentally appropriate and fun way.

Ages 3-5

M	January 9-February 13	4:30-5pm	\$38R \$42NR
M	February 27-March 26	4:30-5pm	\$38R \$42NR
M	April 2-May 7	4:30-5pm	\$38R \$42NR
No class 1/16, 4/9			



Tiny Tiger Martial Arts

Fun and fitness for little girls and guys! Learn the basics of martial arts while developing motor skills, self-esteem and coordination through the use of games and training aids.

Ages 3 and up

W	January 4-February 8	4:30-5:30pm	Field House
W	February 15-March 21	4:30-5:30pm	Field House
W	April 18-June 6*	4:30-5:30pm	Field House

*Fee: \$89/\$93

\$68R \$73NR plus \$12 annual AAU Fee

Dr. Seuss & His Silly Stories

Do you eat green eggs and ham? Are you a zook or a yook? Can you walk on stilts like the king? Which Dr. Seuss books do these questions reference? Your children will have an amazing time exploring the fun and wonderful worlds created in Dr. Seuss books through activities, crafts, games, and more.

Ages 2½-4

\$33R \$38NR

M	January 9-February 13	9:15-9:55am	Field House Studio
M	February 27-March 26	9:15-9:55am	Field House Studio
M	April 2-May 7	9:15-9:55am	Field House Studio

No class 1/16 or 4/9

Super Science

Kids explore and learn about the world around us. Topics will include plants, life cycles, animals, chemistry and food chains. Each session offers new topics and activities.

Ages 3-5

\$38R \$43NR

M	January 9-February 13	10-10:45am	Field House Studio
M	February 27-March 26	10-10:45am	Field House Studio
M	April 2-May 7	10-10:45am	Field House Studio
T	January 10-February 7	12:15-1pm	Field House Studio
T	February 14-March 20	12:15-1pm	Field House Studio
T	March 27-May 1	12:15-1pm	Field House Studio

No class 1/16, 2/21, 4/9 or 4/10.

Gardening Galore

Learn how to grow colorful flowers and your own veggies, taste different veggies, create imaginative garden and enjoy a garden party on the last day.

Ages 2½-4

\$33R \$38NR

M	January 9-February 13	11-11:30am	Field House Studio
M	February 27-March 26	11-11:30am	Field House Studio
M	April 2-May 7	11-11:30am	Field House Studio

No class 1/16 or 4/9

Kiddie Chefs

Children prepare and taste a variety of foods in a group setting; learning how to measure ingredients, prepare food and enjoy a story while eating their own home-made creation. Bring an apron. We'll have new recipes each session.



Ages 2-4 plus adult

\$45R \$50NR

M	January 9-February 13	11:45-12:30pm	Field House Studio
M	February 27-March 26	11:45-12:30pm	Field House Studio
M	April 2-May 7	11:45-12:30pm	Field House Studio

No class 1/16 or 4/9

Petite Picassos

Let your child's inner creative spirit run wild in this fun hands-on class taught by a professional artist. We will use washable paint and mixed media to create take-home projects that will excite your child and begin a rich relationship with art. Each session offers new projects.

Ages 16-36 months plus adult

\$38R \$43NR

T	January 10-February 7	9:15-9:45am	Field House Studio
T	February 14-March 20	9:15-9:45am	Field House Studio
T	March 27-May 1	9:15-9:45am	Field House Studio

No class 2/21 or 4/10

Youth Recreation Activities



Youth Gymnastics – new & returning

This fun-filled class develops flexibility, coordination, agility, balance, and muscle strength on an individual basis and focuses on cartwheels, handstands, rolls, basic beam, and basic bar work. Instruction: Jungle Gym

Ages 6-9

\$45R \$48NR

Tu January 10-31 6:10-6:50pm

Field House Studio			
Tu	February 7-March 6	6:10-6:50pm	Field House Studio
Tu	March 13-April 3	6:10-6:50pm	Field House Studio
Tu	April 17-May 8	6:10-6:50pm	Field House Studio

Tiger Kids Martial Arts

Get fit, learn self defense, develop motor skills and coordination while enhancing listening skills and respect for others. Bag kick & padded sword sparring included! Students can progress in rank/belt: start learning the simple moves of Taekwondo and The Karate Kid, progress to the Ninja Turtles then the cool moves of Jackie Chan's Kung Fu. Taught by a 8th Degree Black Belt Master in multiple styles. First time students receive a free white belt.

Ages 3 and up

Fee plus \$12 AAU Annual Membership

W	January 4-February 8	4:30-5:10pm	\$68R \$73NR	Field House
W	February 15-March 21	4:30-5:10pm	\$68R \$73NR	Field House
W	April 18-June 6	4:30-5:10pm	\$89R \$93NR	Field House

Acrobats For Kids

Learn gymnastic/martial arts style rolls, cartwheels, backbends, handstands and walkovers and other cool moves. A routine set to music will be learned for an optional show in June, complete with costume! Recommended Attire provided at registration. Instructor: Melanie's Dance Unlimited.

Ages 5-8

\$52R \$59NR

M	January 9-February 13	6-6:45pm	Field House
M	February 27-March 26	6-6:45pm	Field House
M	April 2-May 7	6-6:45pm	Field House

No class 1/16 & 4/9



Ballet 1 – new & returning

Ballet provides a strong foundation for all dance forms and teaches poise.

Ages 5-8

M	January 9-February 13	4:30-5pm	Field House
M	February 27-March 26	4:30-5pm	Field House
M	April 2-May 7	4:30-5pm	Field House

No class 1/16 or 4/9

Ballet 2

Dancers progress with combinations of steps, terminology and FUN!

Ages 4-6

Th	January 12-February 9	10:30-11:15am	Field House
Th	February 16-March 15	10:30-11:15am	Field House
Th	March 22-April 26	10:30-11:15am	Field House

No class 4/12

Ballet 3

By the end of the session dancers will be able to demonstrate the five positions of the arms and feet as well as ballet steps at the barre and center. Returning dancers continue to add on to their existing knowledge.

Ages 6-8

Th	January 12-February 9	6:30-7:30pm	Field House
Th	February 16-March 15	6:30-7:30pm	Field House
Th	March 22-April 26	6:30-7:30pm	Field House

No class 4/12

Ballet/Jazz Combo

Ballet provides strength, beauty, posture and grace; focus is on stretching, Barre, Center and Across-the-floor work with emphasis on terminology and technique. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Ages 9-11

M	January 9-February 13	6:45-7:30pm	Field House
M	February 27-March 26	6:45-7:30pm	Field House
M	April 2-May 7	6:45-7:30pm	Field House

No class 1/16, 4/9

Jazz 1

A totally cool class, blending classic technique, new and cutting edge moves!

Ages 5-8

M	January 9-February 13	5-5:30pm	
M	February 27-March 26	5-5:30pm	
M	April 2-May 7	5-5:30pm	

No Class 1/16 & 4/9

Tap Dance 1

Make lots of great noises with your feet and incorporate rhythm, technique & style. Recommended attire provided at registration. Instruction: Melanie's Dance Unlimited

Ages 5-8

M	January 9-February 13	4-4:30pm	Field House
M	February 27-March 26	4-4:30pm	Field House
M	April 2-May 7	4-4:30pm	Field House

Tap Dance 2

Ages 9-11

M	January 9-February 13	7:30-8pm	Field House
M	February 27-March 26	7:30-8pm	Field House
M	April 2-May 7	7:30-8pm	Field House

Balloonimals

Create awesome balloon sculptures with Goofy Gideon. Beginning class will create dogs, giraffes, hats, swords, and a gigantic monkey! Advanced class expands to Mario & Luigi, ballerinas, giant octopi and more. Leave each day with a contractor's trash bag filled with your creations.



Ages 6-12

Beginner

W	January 11-February 15	5:30-6:30pm	\$55R \$59NR
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Advanced

W	February 22-March 28	5:30-6:30pm	\$55R \$59NR
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Sign-up for both classes and only pay \$98R

Note: \$20 supply fee is paid to the instructor at the first class – each child receives several hundred balloons and a hand pump.

Field House Studio

Now that's what I call MAGIC

Take a trip into the world of magic and impress your friends with your skills! Learn "stage" tricks, "floating magic wand" and "torn and restored newspaper", in the beginner class. Advanced magic is about sleight of hand and card and coin tricks. Students learn stage theory and performance technique. Session concludes with a short show for family and friends!

Ages 6-12

Beginner

W	January 11-February 15	6:30-7:30pm	\$55R \$59NR
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Advanced

W	February 22-March 28	6:30-7:30pm	\$55R \$59NR
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Sign-up for both sessions and only pay \$98R \$105NR

Note: \$20 supply fee is paid to the instructor at the first class

Field House Studio

Cirque du We Play

School's out and it is time to learn some fun new skills to impress your friends! Join Goofy Gideon to learn how to make balloon sculptures and do magic tricks. This is the Balloonimals and MAGIC classes combined.

Ages 6-12

M-F	April 9-13	9-11 am	\$98R \$105
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Note: \$30 supply fee is paid to the instructor at the first class

Founders Lodge

Parents Night Out

Attention, all parents, you deserve the afternoon off! While your children go swimming, play games, make art projects and experience the power of play you can do something special for yourself. Snacks provided

Ages 5-12

Sa	February 4	1pm-6pm	Founders Lodge
Sa	March 3	1pm-6pm	Founders Lodge
F	April 20	5pm-10pm	Activity Center
Sa	May 5	1pm-6pm	Field House

*\$15 for each additional sibling

Per child* \$25R \$29NR

Kokondo Martial Arts

Perfect for beginners! Learn basic karate including blocks, kicks and strikes. Emphasis placed on effective street self-defense; you will learn to defend yourself against punches, grabs, chokes, bear hugs and more.

Ages 12 and Up

W/F	January 11-February 17	5-6:30 pm	Field House Studio
W/F	February 22-March 30	5-6:30 pm	Field House Studio
W/F	April 18-May 25	5-6:30 pm	Field House Studio

\$35R \$39NR

Teen Activities

Ski Bus

Join the crew heading to the mountain! Participants must show helmet and season pass. Friendly proficient staff will enhance your enjoyment at Snoqualmie. Class participants grouped by similar age and ability. To register call: 425-868-3820 or visit skimohan.com

Beginning lessons are at 5:30pm

All other lessons are at 7:30pm.

Ages: Middle and High School students

F January 6-February 10 2:30-11pm Departs/Returns from Aviation HS
 \$285: 6 wks transportation & lessons
 \$195: 6 wks transportation only* *must be advanced skier or boarder.
 \$140: 6 wks lessons only
 \$40: single week transportation only

Babysitting Class

This fun, interactive class teaches sitters about how to respond in emergency situations, provide care to their charges, age appropriate activities and simple, kid friendly meals and snacks.

Ages 11-16

\$25R \$29NR

Th February 2-16 5-6 pm Field House Studio

ASP@P After School Program at Pacific

Looking for after school fun? Join us for ASP@P!

We will play sports and active games in the gym, create cool craft projects and win great prizes with cool contests; all thanks to the generosity of **Des Moines Rotary Club!** Activities are staffed by Des Moines Parks & Recreation.



Pacific Middle School Students

Free

F January-June After school-5pm Pacific Middle School

Field House Dances

Teens- kick it at Field House theme dance parties hosted by Des Moines Youth Council. Theme dances parties feature contests concessions and dancing. Leader: Parks and Recreation staff

Grades 6-8 - student ID required for admission.

\$7

7:30-10:00pm

Field House

Friday, February 10

Pajama Jam

Friday, April 20

Neon Night

Friday, June 1

Beach Party

See page 7 for Kokondo Martial Arts classes

DES MOINES YOUTH COUNCIL



Make new friends and gain leadership and organizational skills participating in Des Moines Youth Council. The Council plans civic activities earning credits toward reward activities offered at year's end. Previous rewards include trips to Roller Skating, Wild Waves, and Seattle Mariners and Seattle Sonics

games. Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff

Grades 6-9

Free

Th 6-7pm

Des Moines Field House

8-RR

Adult Enrichment

Dog Obedience

Love your dog, but the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

Dogs 4+ months

\$85R \$89NR

Th	7:15-9:15pm	January 5-26	Field House
Th	7:15-9:15pm	February 2-23	Field House
Th	7:15-9:15pm	March 1-22	Field House
Th	7:15-9:15pm	March 29-April 26	Field House
Th	7:15-9:15pm	May 3 -24	Field House

No class 4/12

Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Transportation is not included.

Age 6+

\$78R \$85NR

Su	11am-2:45pm	January 22	Directions provided at registration
Sa	11am-2:45pm	January 28	Directions provided at registration

Washington State Boaters American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a Washington State Boaters education certificate. Bring a sack lunch. Fee includes textbook, interactive CD and all materials. Students are responsible for picking up supplies at Des Moines Field House. Instructors: Poverty Bay Power Squadron.

Age 12-Adult

\$35

February 25	8am-4pm	April 14	8am-4pm
March 17	8am-4pm	June 9	8am-4pm

Public Works & Park Service Center - 2255 South 223rd St.

Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Capture your life and the story of how you came to be who you are and where you are today. Instructor: Pat Doheny

Seniors

\$54

Th	January 12 – March 15	2-4pm	Wesley Gardens
Th	March 29 – May 31	2-4pm	Wesley Gardens

Seniors Making Art – Printmaking

Make expressive and colorful prints with paint, ink, plates and linoleum blocks. Experiment with 3 different techniques. Previous experience in art is NOT necessary, instructor encourages exploration. Materials provided. Instructor: Gail Baker.

Adults age 50 & better

Free

M January 23 - March 19 10am-12pm

No class 2/20 & 3/12

Sponsored by Seniors Making Art – a nonprofit program founded by Dale Chihuly. Funding provided by Des Moines Legacy Foundation.

Adult & Senior Fitness

Zumba®

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life!

Adults \$63R \$69NR/10-class punchcard or \$10/Drop
M Ongoing 6-7pm Field House
No class: 1/2, 1/16, 2/20, 4/9, 5/28

Belly Dancing

Enjoy a fun, effective, low impact exercise. Both class levels consist of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. Instructor: Saroya Poirier, Babylonian Ensemble

Adults \$45R \$49NR
M Beginners January 23-March 5 7-8pm Founders Lodge
M Intermediate January 23-March 5 8-9pm Founders Lodge
M Beginners March 12 - April 23 7-8pm Founders Lodge
M Intermediate March 12 - April 23 8-9pm Founders Lodge
No class 2/20 & 4/9

Kigong

A Korean energy practice which incorporates gentle stretches with choreographed movements to teach inner strength and increased flexibility, while boosting the immune system. Practitioners report feeling more relaxed but energized. These mind-body exercises are kinder to the joints and muscles in addition to increasing overall balance. Instructor: Rhonda Allison.

Adults
Th January 5-February 23 5-6pm \$48 Activity Center
Th March 1-April 19 5-6pm \$48 Activity Center
Th April 26-June 14 5-6pm \$48 Activity Center

Morning Yoga

Give yourself the gift of vibrant health this year! Yoga practice provides tremendous benefits to the body, mind and spirit. Focusing on correct alignment while using props to make each pose accessible, you will gain flexibility, strength and coordination. Developing a deeper inner connection cultivates a feeling of peace and joy to the whole being. Beginners and more experienced students welcome. Required props: sticky mat, 8 foot strap and yoga blocks.

Adults Session Fee: \$32R \$35NR
F January 6-27 6:30-7:30 am Founders Lodge
F February 3-24 6:30-7:30 am Founders Lodge
F March 9-30 6:30-7:30 am Founders Lodge
F April 6-27 6:30-7:30 am Founders Lodge
No class 1/16, 2/20 & 4/9

Energy Yoga

Yoga helps to release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle strength, range of motion, balance and stability, especially the deep core muscles that stabilize the spine and increase flexibility. Instructor: Rhonda Allison.

Adults
Energy Yoga Activity Center
Th January 5-February 23 6:30-7:30pm \$48
Th March 1-April 19 6:30-7:30pm \$48
Th April 26-June 14 6:30-7:30pm \$48
Energy Yoga Normandy Park Cove
M January 9-February 27* 1:30-2:30pm \$48
M March 5-April 9 1:30-2:30pm \$48
M April 16-May 21 1:30-2:30pm \$48
No class 1/16 & 2/20 *Held at Field house during construction.
Recreation: 206-870-6527 Senior Services: 206-878-1642

Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended. Co-sponsors: Group Health & Senior Services. Instructor: Mary Brown



Adults

T/Th/F	8-9am or 9:30-10:30am	Field House
January 3-27	\$33	April 5-27 \$31
February 2-28	\$33	May 1-31 \$39
March 1-30	\$39	

Functional Fitness

Workshops with Allison will keep you balanced, feeling fit and moving with confidence. Inhale and be ready to change your life. Students describe Allison's classes as stimulating and informative offset with humor and pizzazz. Advanced registration required.

Adults age 50+

No class 1/16, 2/20, 4/1

Assessment Circuit

Test out your Balance and Agility with this snappy fitness circuit and discover your strengths and areas to focus on!

Tu	January 31	9-10am	Field House
Tu	April 3	9-10am	Field House

\$2 Suggested Donation (Free for students enrolled in Enhanced Fitness)

Functional Fitness & Movement Coaching

One-on-one with Allison to improve the "activity of daily living" of your choice* and experience a difference! Such as breathing, standing & sitting, lifting and stretching, walking, transferring, stair climbing, even reading! 20-minute sessions available.

Tu	8:45-11:30am	\$5	DMAC
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Balance for Safety

Focus on reducing risk factors for falling – learn realistic strategies to enhance your balance, minimize outside interferences and build your confidence.

M	January 9-February 6	8:30-9:15am	\$8	DMAC
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Core Swings

Twist and Turn your way into spring activities and sports by strengthening your core. Learn techniques to strengthen your back and protect your spine while you enjoy your favorite activities.

M	February 13-March 12	8:30-9:15am	\$8	DMAC
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Spring Cleaning

Tackle your garden and spring clean effectively when you strengthen those muscle groups to bend, squat, pull, lift and stretch.

M	March 19-April 16	8:30am – 9:15am	\$8	DMAC
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Golf Outings



Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis, or meet at the course. All players draw numbers to determine playing partners and tee position. Departure from DMAC varies from 8-8:30am. Return time varies.

Fee Range: \$8-10

No host green fee and lunch

Monday	Course & City	Green Fees
April 23	Tapps Island, Sumner	\$15
May 7	Battle Creek, Marysville	\$18
May 21	Delphi, Olympia	\$9

Senior Activities

Blueprint for Living 2012 and Beyond

Adults **Tuesdays 10-11:30am** **DMAC**
Facilitators: Valley Cities Counseling & Consultation unless otherwise noted.

January 3 **New Year, New Opportunities**
Refresh your outlook on life and health and discover how to benefit from a positive outlook on life, regardless of challenges we face.

January 17 **Create Your 2012 Wellness Plan**
Create your individualized plan for physical, mental and spiritual wellness and helpful tips on achieving your plan.

January 24 **What's New in Rehab Therapy**
Learn about the new Virtual Rehab Therapy which makes exercise more fun and interesting to help improve recovery. We will discuss pain modality treatments using ultrasound, electrical stimulation and diathermy to aid in decreasing pain, joint stiffness and increasing strength. Presented by Wesley Homes.

February 7 **The Importance of a Healthy Heart**
February is the month of the heart, are you taking care of yours? Learn to keep your heart healthy, including simple tips that provide great benefits.

February 21 **Caring for a Broken Heart**
Coping skills to help recover from grief and loss as well as strategies to reinvest in life.

March 6 **Managing Chronic Health Conditions**
Life happens and health problems are distracting. Explore ways to manage the impact they have on your life!

March 20 **Coping with Chronic Pain**
Living with chronic pain is challenging; explore alternatives that help you and your loved ones deal with chronic pain and the impact it has on your life!

April 3 **Plain Talk About Caregiving**
Basics of Caregiving explores the "who, what, when, where and how".

April 17 **Self Care for Caregivers**
Take care of yourself while caring for others. Discover resources and strategies that help you cope with the stress of caregiving.

April 24 **Tissue and Organ Donation (time change: 10:30-11:30am)**
Have you ever wondered about the impact and process of tissue and organ donation? The Northwest Tissue Service, Eye Bank and a representative from the Organ Donors group will provide details and answer any questions you may have about this important "gift" opportunity.

May 1 **"I Can't Remember, Am I Losing My Mind?"**
Review normal challenges with memory, and take home tips on memory boosters. An update on Alzheimer's and other dementias will be covered.

Out to Lunch

Enjoy a no-host lunch and leave the driving to us. Advanced registration.

Age 50+ **\$8 Transportation Fee**
Friday, January 6 **Seastar Restaurant, Seattle**
Friday, February 3 **Lucky Diner, Seattle**
Friday, March 2 **Bush Gardens, Seattle**
Friday, April 6 **The Palisades, Seattle**
Friday, May 4 **McCormick Woods, Port Orchard**

Day Trips

Explore Puget Sound with Des Moines Activity Center

Seattle Art Museum- Asian Art Exhibit		
Thursday, January 5	9:30am-3pm	\$8
Club Hollywood Casino-Seattle		
Wednesday, January 11	10am-2pm	\$8
Rosalie Whyel Museum of Doll Art-Bellevue		
Wednesday, January 18	9am-4pm	\$20
White River Museum-Auburn		
Wednesday, January 25	11am-3pm	\$10
Panama Hotel Tour-Seattle		
Wednesday, February 8	10:45am-3pm	\$19
Tulalip's Hilibulb Cultural Center-Marysville		
Wednesday, February 15	9am-4pm	\$17
The Odd Couple-Village Theater-Issaquah		
Saturday, February 25	12:30-6pm	\$59
Neely Mansion-Auburn		
Wednesday, March 7	10am-3pm	\$9
Briarwood Farms-Rochester		
Wednesday, March 14	10am-4pm	\$15
Mint Factory-Chehalis		
Wednesday, March 21	9am-4pm	\$12
Maritime Museum-Tacoma		
Wednesday, April 11	9:30am-3pm	\$10
Black Sheep Creamery & Blue Rose Dairy- Winlock		
Wednesday, April 25	9am-4pm	\$12
Ostrom Mushroom Farm-Lacey		
Wednesday, May 9	10am-4pm	\$12
The Producers-Village Theater-Issaquah		
Saturday, May 19	12:30-6pm	\$59
Skokomish Tribal Center & Museum-Skokomish		
Wednesday, May 23	8:45am-4pm	\$15

Horticulture

Explore Northwest gardens and nurseries through informative lectures, videos and trips. Trips Depart at 10am.

\$8/van trips \$3/class lecture No Host Lunch

Fridays	Destination
January 13	Stevenson's Garden of Verse: powerpoint presentation
January 20	The Sonju Garden-Formulation and Future
January 27	Gardens of the World Video
February 10	Northwest Flower & Garden Show - via light rail
February 17	The farms that support Des Moines Farmer's Market
February 24	Tulips, Spring Bulbs & Formal Gardens, Video
March 9	Gardening in Alaska: lecture/Michelle Crawford
March 16	Roses & Rose Gardens, Video
March 23	Center for Urban Horticulture-Seattle, Trip
March 30	Flower World-Maltby, Trip
April 13	Coenosium Gardens-Eatonville, Trip
April 20	Seattle Tilth Garden, Trip
April 27	Lake Washington Tech. College Plant Sale, Trip
May 11	Des Moines Garden Club Plant Sale, Carpool
May 18	Windmill Garden & Watson's Nurseries, Trip

Join us for Fun & Games all week long! Call 206-878-1642 for details!

REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department Offices

Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

www.recreation@desmoineswa.gov

Monday – Friday, 8am–4:30pm



Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

www.desmoineswa.gov/50plus

Hours: Monday – Friday, 8am–4pm

Holiday Closures

Monday, January 16, Monday, February 20, Monday, May 28

Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines Address. Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of Residency will be requested.) The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

How to Register:

Walk-in: Check, Cash, Visa/MasterCard.

Phone: Visa/Mastercard.

Mail-in: Registration Form with check or Visa/MasterCard information.

Registration forms available in the office or at www.desmoineswa.gov/recreation.

Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued.

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of 5 business days prior to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program. Credits must be used before the close of each calendar year.

No refunds will be issued for the following:

- Programs costing \$10 or less.
- Programs where admission fees were purchased in advance.
- Special Events.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.

Disclaimer:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPR&SS reserves the right to amend or modify programs.

Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. (Note: For programs held in Federal Way schools, listen for the Federal Way School District report.)

School Closed: All Des Moines Recreation & Senior Services Department programs are cancelled.

School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled.

Senior programs prior to 10:00AM are cancelled.

Senior programs held after 10:00AM – call 206-878-1642 for updated information.

School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11:00AM are cancelled. Recreation programs held after 11:00AM will be scheduled as usual. Senior programs held after 11:00AM – call 206-878-6527 for updated information. *When inclement weather occurs during school holidays, evenings or weekends, please call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.*

Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/ TTD 206-824-6024.

Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex. If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

Will You Help a Child Attend a Camp or Activity?

Your contribution gives local children and teens the opportunity and joy of attending Parks and Recreation programs! Youth and Teen programs are an essential part of a healthy community, building social skills, promoting active play and providing a safe haven for children before and after school.

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and local services organizations such as the Rotary Club of Des Moines. However, the need for scholarships has increased dramatically surpassing funds available in 2011.

Your gift will help a Des Moines child participate in 2012!

Send your tax deductible donation to:

Des Moines Legacy Foundation

Attention: Des Moines Parks & Recreation

Scholarships for Youth

PO Box 13582

Des Moines, WA 98198

Scholarship Forms available at
www.desmoineswa.gov/recreation
or by calling 206-870-6527.



Ooops!

**Sometimes courses are
cancelled because people wait too long to register.
Register early to avoid disappointment!**

**Join your Local PTSA
and show your
2011-12 Membership Card to receive a
10% discount
the first time you enroll your child
in a Des Moines
Recreation Activity*.**

Offer valid September 1, 2011 – June 15, 2012.

Call 206-870-6527 for information.

***Excludes one-time events.**

Special Events

WELCOME
TO *Fabulous*
SPORTS NIGHT
Las Vegas Style

**DOUBLE DOWN
FOR KIDS**

**SATURDAY
MARCH 31
6 - 11pm**

Des Moines Fieldhouse
1000 S. 220th St.

TICKETS
\$50 per person • \$375 per table
Call: 206.870.6527
email: recreation@desmoineswa.gov

**Auctions • Prizes
Buffet • Beer & Wine
Casino Games**

Live Entertainment
Tribute to Frank Sinatra & Dean Martin



SPONSORED BY DES MOINES LEGACY FOUNDATION • PROCEEDS BENEFIT YOUTH RECREATION ACTIVITIES

Eggstravaganza

**a leisurely
egg-hunt**

**Saturday, April 7, 2012
9-11am
Des Moines Beach Park
\$5**

**Prizes for every child!
Photo opportunities
with the Easter Bunny!**

**Children grade 6 & under
Children under age 5
need to be accompanied by an adult.**

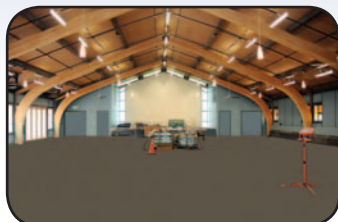


Facilities & Field Rentals

Des Moines Facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for weddings, banquets and other community events.

Indoor Facilities

- Up to 500 Guests:**
Beach Park Auditorium
- Up to 225 guests:**
Des Moines Field House
- Up to 125 guests:**
Des Moines Activity Center with
Mary's Patio Garden
- Up to 60 guests:**
Founder's Lodge &
Des Moines Field House Studio



Field Rentals

The following fields are available for rent:
Des Moines Field House Park Fields
Steven J Underwood Memorial Park Fields
Zenith Park

Des Moines outdoor shelters are also available for fall family gatherings.

For booking and additional inquiries visit or contact:

Des Moines Parks, Recreation & Sr. Services
1000 S. 220th Street, Des Moines, WA 98198
Phone: (206) 870-6527 Fax: (206) 870-6587
E-mail: recreation@desmoineswa.gov
Website: www.desmoineswa.gov/facility

A map and full listing of Des Moines Parks and Recreation Facilities can be obtained at the Administrative office or you can download a PDF file from the City's website: www.desmoineswa.gov/recreation.

Arts Alive!

Join us for a line-up of music, slithery reptiles zany performances and more!
This family performance series is wonderful fun for everyone.

3rd Saturdays at 10:30am

\$3 advanced, \$5 at the door

At Activity Center

\$10 family/advance, \$15 family/at the door



January 21 Reptile Man

February 18 Goofy Gideon's Magic Show

March 17 The Harmonica Pocket's Get Loose with Seuss Show

Register by calling 206-870-6527.



CELEBRATE LEAP YEAR 2012

Wednesday, February 29, 2012

Des Moines Activity Center

2045 S 216, Des Moines

8:30am - 12pm

\$3 Suggested Donation



Festivities include, games, contests, mini TLC & massage sessions from The Wellness Sanctuary and Pajama Parade topped off with a scrumptious french toast breakfast

**Advanced registration requested:
206-878-1642**



**Sponsored by
Village Green Retirement Campus**

Rotary Club of Des Moines

8th Annual Poverty Bay Wine Festival



The Landmark On The Sound
Event Center in Des Moines

March 2-4, 2012

- Friday, 5:00pm - 10:00pm
- Saturday, noon - 7pm
- Sunday, noon - 5pm

\$25.00 advance • \$30.00 at the door

Featuring tastings from over 20 Northwest wineries, samplings of Northwest cuisine, & live musical entertainment.

Buy tickets at www.dmrotary.org or at Corky Cellars - 206.824.9462



LANDMARK
EVENT CENTER



Salish Sea Stories

Join us for the rich experiences people living by the Salish Sea have to share! Please contact Des Moines Activity Center staff, 206-878-1642 if you would like to share your stories. Advanced sign-up requested, please call!

Adults

\$2 Suggested Donation

Aviation History: Part VI - Yesterday and Today

John McEvoy provides a history of the Federal Aviation Administration air carrier inspection and the experiences of a retired airline pilot. A current Boeing 787 test engineer will reveal the testing and certification of the Dreamliner.

T February 21

7-9pm

Activity Center

Des Moines Beach Park: The Birthplace of Des Moines



A look back at the eras of Des Moines Beach and Creek from native summer camps to logging, mills and pioneers. Learn about Daddy Draper and the creation of the picnic park, the Dance Hall that becomes a Tabernacle, and the story of the Covenant Beach Bible Camp from 1931-1987. From the early beginnings to today's activities and future plans at our communities' birthplace. Presented by Carmen Scott, Des Moines Historical Society

T March 13

10:30am

Activity Center

T March 27

7pm

Activity Center